

You know what may be the worst feeling in the world?

Having a stone in your shoe.

Ok it may not be the worst feeling in the world but it's pretty awful.

I doubt there is a single person in the world who hasn't had a rock or stone in their shoe at some point in their life. And when it's happened to you I can GUARANTEE I know what you did next.

You walked a couple steps at most...then you stopped, bent over, supported yourself with one arm, took off your shoe and tipped it upside down and shook it until the little stone fell out.

We've all done it countless times. (Unless you've somehow lived your entire existence in a rock-free environment.)

What's amazing about this stone-in-the-shoe problem is that the stone is so small yet causes so much discomfort. And ALL of us deal with it the same way...in the same 3 step process.

1. Realize there is a problem - "There is a stone in my shoe and it hurts."
2. Figure out how to best solve the problem - "I should take off my shoe and get the stone out of it."
3. Solve the problem - Take off your shoe and get that obnoxious rock out of it.

No sane person would leave the stone in the shoe. And they wouldn't solve it any other way.

Why?

Because the stone-in-the-shoe problem is an IMMEDIATE short term problem. We can FEEL the pain or discomfort - so we get rid of it.

Why don't we do this with other problems we have?

Because with the stone, the pain of the problem outweighs the effort of solving the problem. It doesn't require will power or good habits to get the stone out.

However with bigger problems